

How Sweet it Is – Finger Lakes Flight of Honey

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Honey is a hot topic right now, primarily for health reasons. A natural sweetener, it can also be used to heal wounds, help sore throats and colds and help the planet. Buying a raw honey flight with four different types of honey is an ideal souvenir or gift to bring home from the Finger Lakes. Craig and Patricia Waid in Trumansburg produce delicious honey from the diverse and abundant flora that surround the lush Finger lakes region.

Finger Lakes Raw Honey Flight is a collection of four honeys – basswood, wildflower, fall flower and buckwheat, made in Trumansburg, between Seneca and Cayuga Lakes. Produced by Waid Apiaries, each honey tastes and appears distinctly different. The flight offers a chance to sample the four honeys and makes an ideal gift for any honey lover .

According to the Canadian Honey Council, honeybees will tap about two million flowers and fly 80,000 km to make 454 grams of honey. A single honeybee makes about 1½ teaspoons of honey during its lifetime. Makes me see honey as a more precious commodity; historically it was treated like gold.

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